Warm Up:

1. Criss Cross Arms
   Time: 20 seconds
   Rounds: 1
   Rest: No Rest
   Note: Big arm swings

2. Shoulder Rolls
   Time: 20 seconds
   Rounds: 1
   Rest: No Rest
   Note: Switch direction halfway

3. Up & Down Arm Swings
   Time: 20 seconds
   Rounds: 1
   Rest: No Rest
   Note: Swing the arms up high and dynamic
4. Body Twists
Time: 20 seconds
Rounds: 1
Rest: No Rest
Note: Hold hands together

5. Leg Kicks
Time: 20 seconds
Rounds: 1
Rest: No Rest
Note: Alternate the legs

6. Leg Kicks with Arm Swings
Time: 20 seconds
Rounds: 1
Rest: No Rest
Note: Same side leg & arm movement

7. Foot Circles
Time: 20 seconds
Rounds: 1
Rest: No Rest
Note: Switch direction halfway
Challenges:

1. Sit to Stand Challenge

Time: 60 seconds
Rounds: 1
Rest: 60 seconds

Note: Press the weight out in front or overhead

2. Single Arm Curl

Time: 60 seconds
Rounds: 1
Rest: 60 seconds

Note: Use weights, extend the arm fully. Perform one arm at a time

3. Balance challenge

Time: 60 seconds
Rounds: 1
Rest: 60 seconds

Note: Hover hands over a chair or countertop for safety
4. One Arm Shoulder Press

Time: 60 seconds
Rounds: 1
Rest: 60 seconds

Note: Use weights, perform one arm at a time

5. Seated Skipping

Time: 60 seconds
Rounds: 1
Rest: 60 seconds

Note: Sit on the edge of the chair, hop legs and move arms

Note: Please copy and paste the below link into your browser for a video of all the challenges and how these can be progressed or regressed depending on your ability levels!


Siel Bleu Ireland strongly recommends that you consult with your GP before beginning any exercise programme. This workout should only be attempted if you are in good health and are physically able to participate. If you feel any pain or discomfort stop exercising immediately and consult your GP.